



SEEDS of COURAGE 5k

Sunday, August 24, 2014

8:00 am Start/Finish Line:

Newtown Park - 3150 Old Alabama Road, Alpharetta GA 30022

SPONSORED BY MUSTARD SEED DARE TO CARE GIRLS MINISTRY

All Proceeds go toward the Mustard Seed Community for Disadvantage Children

Entry fees

Early Bird Registration (before 8/17) - \$25.00

Family DISCOUNT \$85.00 (family of four)

Fun Run—\$15

Late Registration (after 8/17) - \$28.00

Race Day—\$30.00

Only Runners registered by 8/17 are guaranteed a shirt but plenty of extra will be ordered.

Awards

Top Overall Male/Female, Top Male/Female Masters, Top 3 Male/Female in each 5 year increment age group from 14 and under to 65 and up.

Registration

Available also online at www.seedsofcourage5k.com

Make checks payable to Fundracers

Mail entry forms to: Seeds of Courage 1886 Woodpoint Court, Lawrenceville, GA 30043

For More Information or Sponsorship Opportunities Contact:

Rob Goldsmith (678) 985-3921 or rob@fundracers.org

All race proceeds will benefit the Mustard Seed Community by shipping 60,000 diapers to four communities.

SEEDS OF COURAGE 5k - ENTRY FORM

Last Name: _____ First Name: _____ Gender: Male Female
Address: _____ City: _____ State: _____ Zip Code: _____
Home Phone: () _____ Age (on 8/24): _____ Email _____

Circle One: 5K Fun Run T-shirt Size (Circle One): YS YM YL S M L XL XXL (add \$2)

WAIVER: I understand that road racing is a strenuous sport and a potentially hazardous activity, and I state that I am in proper physical condition for this event. I also accept any and all other risks associated with running this event, including, but not limited to falls, contact with other participants, the effects of weather and condition of the roads. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, heirs, executors, administrators or anyone else who might try to claim on my behalf, covenant not to sue, and waive, release and discharge all officials, sponsors, volunteers, Fundracers, Mustard Seed Community, City of Johns Creek and Seeds of Courage 5k from any and all claims of liability for death, personal injury or property damage of any kind or nature arising out of or in the course of my participation in this event. This release and waiver extends to all claims of every kind of nature, foreseen or unforeseen, known or unknown. Minors participation will be accepted only with a parent or guardian's signature. I give full permission for the use of my name and/or picture in any broadcast, telecast, or any other public account of this event. Race Directors reserve the right to reject entries.

Participant Signature _____

